

INNER CIRCLE STUDY GROUP

**CLOSED
CLASS**
with
The
YADA

Class 2



A Publication Of:
BORDERLAND SCIENCES RESEARCH FOUNDATION
PO Box 548, Vista, California
USA 92083



Mark Probert

Mark Probert, considered by his associates one of the greatest mediums of modern times, lives at San Diego, California. During the past two years his seances have been attended by outstanding authorities, doctors, psychologists and investigators of psychic phenomena. The genuineness of his mediumship, and the authenticity of the phenomena of his seances have never been successfully questioned. In his seances, he allows his body and mind to be usurped completely by "outside intelligences", and returns to it completely unaware of what has occurred during his "absence". He is also an artist. One of his paintings was painted while in one of his weird trances, and depicts his "guru".

MARK PROBERT, BAFFLING SAN DIEGO MEDIUM

by Meade Layne

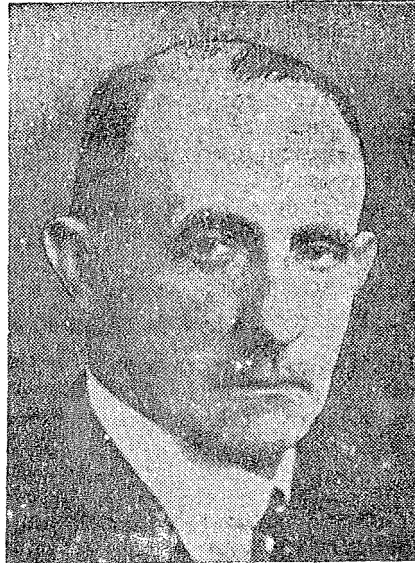
A MAN is murdered. The murderer performs his deed while no one is looking. He is careful not to leave any evidence that could point directly to him. He comes and goes without being seen by anyone. When picked up and questioned he doesn't confess. He is brought to trial, convicted, and eventually executed for the crime—still without confessing.

That has happened many times.

The conviction is obtained by a "preponderance of evidence". A jury decides that that preponderance of evidence is strong enough for them to order the taking of the man's life.

According to Meade Layne, of San Diego, a similar preponderance of evidence indicates that the man sitting at the table in the picture on page 19 is under the control of a discarnate entity who claims to be the

N. Meade Layne, M.A., was formerly an instructor at the University of Southern California, at the University of Oregon, and at the University of Arizona. He was Department Head at Wesleyan (Illinois) and Southern College, Florida. He is at present publisher of Round Robin, the journal of Borderland Sciences Research Associates. He is an investigator of psychic phenomena and has been active in this type of work for many years. The results of his investigations are published under his own imprint, Meade Layne Publications, at 3540 Adams Avenue, San Diego 4, California. Of his work he says: "I merely want to know, and I don't try to force my views on others."



Meade Layne

Is it possible for the mysterious entities known as "discarnate" to enter and control the body of a living man? Meade Layne, a recognized authority on the subject, says yes, and presents Mark Probert as proof of his claim. The evidence is quite impressive

spirit of a Chinese philosopher and teacher of Confucius, Lao Tze.

It was not taken by infra-red film in a darkened seance room; it was taken under the glare of spotlights for FATE magazine, even as Lao Tze "controlled" the body of medium Mark Probert. It is interesting to compare the facial expression in this photo of Mark Probert under the control of Lao Tze with the photo taken under normal conditions (see

cut on page 16). Yet, the picture of Mark Probert under the control of Lao Tze is not advanced as proof that he was. It was taken at the request of the editors of FATE to accompany this article for its "news value", and not in any attempt to "prove" anything.

In most attempts to prove that spirit phenomena are genuine, an attempt has been made to produce some phenomenon that cannot be

"explained" by natural means. Houdini's efforts were directed from two different angles—the duplication of the phenomenon, and the uncovering and exposure of fraud right on the scene whenever possible.

But in the case of Mark Probert there is no secret apparatus, no "phenomena", of the type that Houdini could use his genius as a magician to duplicate. "Yet," says Mr. Layne, "the preponderance of evidence over the past three years is so great that if I were the defense lawyer and you were a juror, required to listen to all the evidence and weigh it carefully, no matter how long it took for that evidence to be presented, I would not even require you to be unprejudiced at the start."

Some of the evidence consists of plaster casts of hands that dematerialized, leaving hollows that could not have permitted a solid object to be withdrawn, "voices" through trumpets, miraculous finding of lost objects by the medium, "bringing back" of departed loved ones, and fortune-telling that comes true.

Why, then, isn't this evidence advanced boldly to prove that Mark is a genuine medium—ballyhooed over the country so that Mark can make a fortune?

To answer that question we advance the words of Mr. Layne: "We are not interested in 'proving' the genuineness of Mark's mediumship or the necessary concomitant—survival after death. We believe that belief in survival is up to the individual, and if any individual wants to believe that when we die that's the absolute end of us, and that all mediumship is a fake, it is his right and we have no interest in attempting to change him.

"In Mark's mediumship we are primarily interested in the growing mass of statements of the communicators on science, philosophy, metaphysics, history, and whatever they can tell us of their own surroundings. To anyone who wishes to examine this mass of material we have gathered during the past two or three years we suggest that he consider it primarily for its intrinsic worth on the same basis as he would if the statements were asserted to be merely those of Mark himself—or of anyone else."

What does Mark Probert himself say of his mediumship? He says: "Honestly, sometimes I don't know. There are times when I think that it's something subconscious—in all of us—created as an antidote to the fear of death."

Mr. Layne, publisher of *Round Robin*, which is a bi-monthly journal devoted to the subjects of borderline sciences and phenomena, attends and more or less officiates at each of the Mark Probert seances. He is a competent, careful, and scrupulously honest observer. One need read only a few issues of *Round Robin* to become convinced of this. Mr. Layne's editorial comments on articles appearing in that publication show a keen analytical mind.

In the three years that Mr. Layne has published *Round Robin* there has gravitated about him a group of highly competent students, including Max Freedom Long, the greatest living authority on Huna—the religion and magic of the people of the Hawaiian Islands, the well known writer Vincent H. Gaddis, Dr. Philip Haley and others. Recently this natural association of people has crystallized into what is called BSRA,



Mark Probert in one of his trances. Painting is that of his guru, or teacher

Borderland Sciences Research Associates, with headquarters at the Meade Layne Publications, 3540

Adams Ave., San Diego 4, California. *Round Robin* has become the official publication of this group, but with-

out altering its general character and policy of the past three years.

The BSRA aims are the careful study of all current unexplained phenomena and well authenticated phenomena of the past in the light of logical analysis and discussion. The formation of BSRA provided a mechanism for others to join in this work, either as mere observers who subscribe to the official journal to read and keep informed, or as competent students and investigators who have themselves something of value to contribute to its pages. There are at present less than a thousand in this group. They are a select group of quietly serious, intelligent students of the borderland sciences.

And, Mr. Layne says, perhaps the most serious, intelligent and capable of these BSR Associates are the "communicators" who take possession of the body of Mark Probert, the medium, and listen quietly to and join in discussions of such phenomena as the "flying saucers" and the Macomb ghost-fires which observers claimed started before their eyes, unexplainably, but which were "explained" eventually by the "confession" of a 13-year-old girl that she started them with matches.

Besides Lao Tze, who was in possession of Mark's body at the time the picture shown in this article was taken, there is Lingford who died in New York forty years ago; Ali Ben Casi; Professor Luntz; the Tibetans, Lo Sun Yat and Rama Ka Lao; the astronomer, Ramond Natalli and many others. They gather even before the seance is to start.

When the seance is to begin there is no darkening of the room and

joining of hands. Mark Probert sits at a table and engages those present in conversation, seeming unconcerned over what is to come. He is barely over five feet tall and a few pounds over a hundred in weight, yet, as he sits there, observers completely forget he is small. Full of good humor and delighting in good jokes, he dominates the room, talking on any subject that comes to mind, or subtly leading his guests into conversation.

Let Meade Layne tell what happens next: "Suddenly, almost without warning, he is no longer Mark, the host. There is a sigh from deep within the slight frame—and from a Universe that lies within and around us, but which science has not yet touched, some Being settles into place and takes control of his body. That sigh is as the sigh of a cold wind on a mountain crag with ice and snow and the loneliness of the wildernesses of the Earth. It is the cold breath of outer space whispering outside the window casements of a warm room, in which people sit comfortably, safe from harm.

"Then, with the smooth quietness of an ocean liner coming into port, the face changes. It is more than a contortion of the muscles. It is a change of personality—the outward expression of a different soul. It may be Lingford, Lao Tze, or some other spirit that once lived in an Earth body of its own—and died. It may be a spirit that has never before re-entered a living body on our plane or the spirit of someone who died recently. But it is there, unassuming, unmiraculous, but there.

"It may remain mute, unable to control the muscles that make speech,

or again it may speak in some strange language. If so, it is soon told by its 'other side' associates to take its departure. But if it is such a control as Lingford or Lao Tze, he will speak in English, answering questions, talking, often for 30 or 40 minutes at a time. And then, either abruptly or with a courteous farewell, the spirit departs. There is a moment of deep quiet—and Mark is back, unmistakably there. So completely different was his body under control that it seems a surprise that it is actually he again.

"Quiet and lack of disturbance in the room are always helpful. Sudden noises, the noisy entrance of a newcomer, can disrupt the seance, causing the spirit in possession to lose its grip, bringing Mark back too suddenly for his own welfare. Though darkness is never necessary there are usually no glaring lights, and if the seance is held during the day, shades are usually drawn sufficiently to keep

out the direct glare of sunlight.

"Therefore, to take a picture of Mark under the control of Lao Tze was actually a remarkable feat. Glaring lights and people moving about would often—and with most mediums—destroy all chances of success. Yet the old philosopher, Lao Tze, was not disturbed, but showed great curiosity about the whole procedure and was deeply interested—surprised at the simpleness of the operation of taking a photograph. He had waited 2,500 years, he said, to have his photograph taken—but added that he had gotten along very well without it, for all that—and that he would be much interested in seeing the print when it was completed.

"It is a very remarkable picture. In itself it proves nothing. Together with the preponderance of evidence we have gathered it is perhaps one of the most remarkable photographs ever taken."

THE PHANTOM TRAIN

THE YEAR was 1914. The train from Winnipeg was due at Baudette about seven in the evening. I sent my brother-in-law to the Post Office at seven-thirty to get the mail and he was told that there had been a bad wreck up the line and there would be no train until the next morning.

About ten o'clock that night I was looking out my front window facing the tracks. In the distance I saw the headlight of the engine, growing brighter each second. I saw the engine and the long line of coaches come slowly into sight and come to a

stop less than half a mile away, the coaches brilliantly lighted. It was a pretty sight on that cold, wintry night.

I called my mother-in-law's attention to it and we watched for awhile. We could see no passengers—the coaches seemed to be utterly empty. Then suddenly the lights vanished.

The next morning we learned that the train had not come in at all—was not expected until nine o'clock that morning. There had been no train. What we saw was a phantom, but certainly a very plain one.

—Mabel W. Stevens

INNER CIRCLE STUDY GROUP -- Closed Class No. 2

SUBJECTS DISCUSSED WITH THE YADA

- Page: 2. Breathing and Stretching
3. Milk An Antidote To Smog
4. The Deadly Effect Of Anxiety
5. Great Need For Masseurs
6. The World Is Sick
6. The Great Mystery of the Body
7. The Value Of Watching One's Thoughts
8. Absolute Need For Companionship
9. If Not Love, Friendship
10. Murder In The Name Of Jesus Christ
11. Availability Of Original Sources
12. The Perfume Of Understanding
13. Know Yourself For What You Really Are
14. Moderation In Seasoning
16. Apples, A Blood Purifier
17. Do What You Want To
18. Are You Willing To Pay The Price?
19. The Mind Never Sleeps
20. The Machinery Of Suggestion
21. Let's Make A Deal
22. Delayed Telepathic Suggestion

INNER CIRCLE STUDY GROUP -- Closed Class No. 2

Home of Mark Probert, medium and former Kethra E Da Foundation headquarters, 931 E. 26th St., San Diego, California
July 21, 1967. Early evening.

Yada: " - - ee seenaha, E Yada di Shi' ite."

Group: "Good evening, Yada."

Yada: "Some not here yet, unh?"

He: "That's right."

Yada: "Is all right. We wait for them. All looking well."

He: "Thank you, Yada. How are you?"

Yada: "Ha, ha - "

He: "As ever, unh?"

Yada: "Yes. Hold your equilibrium with your life and you, too, will always be well. It is getting out of emotional equilibrium that you getting sick. Is no great problem of doing this if you will practice it every day to keeping mind the thought that your brain, with the mind operating through, can control the body.

"Now, this is not fairy story. I think most of your psychologists recognize this fact -- at least some of the more advanced ones. But you have to start your practice in the morning. For then your mind is more open to your suggestions.

"Now, before you getting out of your bed, you first take three deep breaths. Then you say to yourself: 'I am well. My body is in good order. All the organs are functioning in the way that brings health.' Keep that thought going. You see, you have not been accustomed to this; so it is going to be a little difficult for awhile. But do not permit yourself to lag on it. Every night also, when you getting into the bed, say it again. This time you lie down, relax, and you concentrate on your body. Feel the blood moving smoothly through your body. Concentrate, direct it to -- this will help to push it through what may be corroded veins, arteries. It will help the veins to expand. I promise you most sincerely that the difference you will feel in two weeks will amaze you. But do not neglect to do it, every morning and every night.

BREATHING AND STRETCHING

She: "Also at night, please, deep breathing?"

Yada: "Yes, of course, first thing before you lie down. Then when you lie down, you stretch out. Make good stretch. First this side and then other side. I say to you if you did that once, you feel how wonderful it is. Because all the muscles gather tension through your day. One of the best ways to take tension out, when you lie down, is this one to the other side of stretching, and then slowly relax and tell yourself your body is well. And concentrate on the blood flowing through it, through your body. Go to sleep doing this and you will have a good night's rest.

"If the blood does not get to all parts of the body, the part it does not get to begins to suffer an illness; because blood carries the nourishment to the various cells of -- throughout the body. Now, my friends, is that not reasonable?"

Group: Murmur of agreement.

He: "Yada, for that alone, that was worth coming here tonight."

Yada: "Thank you. Now, I want to suggest to you. Do not drink coffee, if you can possibly avoid it. It poisons the kidneys. You may, however, have a little tea on occasion but don't drink it before you go to bed."

She: "We have decaffienated coffee, though -- "

Yada: "You have?"

She: " - - 97% free of caffiene."

Yada: "Well, if you feel pressed to drink coffee, drink that kind. Otherwise, do not drink it. It is a serious poison to the kidneys and to the liver."

She: "Are you speaking of all day long? Or just before you retire?"

Yada: "No."

She: "Any time. If it's bad, it's bad!"

Yada: "That is right. Uh -- "

He: "It's worse at night, though, Yada. It stays there longer -- "

Yada: "That is right."

She: "What is the property in coffee that does it?"

Yada: "Caffiene. It is an acid, a strong acid and it eats on the lining of the stomach if you drink coffee on an empty stomach. If you must drink it, eat food, and more especially bread."

He: "It soaks the acid up."

Yada: "That is right."

MILK, AN ANTIDOTE TO SMOG

Yada: "Also, though in the past I have suggested not drinking milk but because of the great smog condition in your atmosphere, milk is the best absorber. You know, if you work where there is much lead, if you do not drink milk you will get a colic, a kind of lead poisoning. But I say because of the intensity of the smog, poisoned atmosphere, that milk is the best substance for absorbing it.

"This smog goes to the liver, and after a time the liver can not take care of it. It causes various forms of decay to the liver cells; so the liver cannot function any more. It is a wonder to me that your scientists have not found something which your government will insist all people of today drink, to keep you somewhat healthy in the poisons you live. If you could see your atmosphere you would be afraid to breathe!"

She: "The smog now is worse than the radiation?"

Yada: "Ho, ho, yes!"

She: "That right? Because the reason you objected to milk before wasn't it -- ?

Yada: "Radiation, Strontium 90 in it. You not having so much of that and much of it is removed from the milk during its processing. Now, I am not in favor of processing milk or any other food, but you must if you are going to imbibe in these things today.

"So if it is not the poison of radiation it is the poison of smog. And more, the breath of hundreds of thousands of millions of peoples is also polluting the air. And more especially will you be open to ailments by moving in crowds of people."

She: "Yada, would it be good to have a lot of trees around our homes?"

Yada: "Ah! Most assuredly! Most assuredly. If you can

trees and other plant life, the higher type of plant life, it would be very fine indeed.

THE DEADLY EFFECT OF ANXIETY

"Now, let's go to another thought that is also connected with good health. It is called anxiety. This is deadly, to the heart, to the lungs and respiratory tract, and to the kidneys. It also creates constipation.

"When you getting in state of anxiety you create tension in the respiratory tract and also in the -- digestive tract. Then pretty soon you find you cannot digest your food. It turning to acid in your stomach. Then you go and getting pills to neutralize the acid. This causes a worse condition. It brings on an access of alkaline and it disturbs the various glands of the body; so that in time your gall bladder is not functioning and the arteries of the gall bladder cannot help you digest your food.

"Many peoples that have the gall bladder removed have to take acid substance to replace what the gall bladder will bring. What you call that in English?"

He: "Substitute word?"

Yada: "Yes -- there is word for it, for the acid -- it is all right. You understand what I mean.

"Anxiety never solves a problem. It keeps us from knowing what to do. It makes us undecisive, if I can use that word with the 'in', 'in'?"

He: "Indecisive, yes."

Yada: "Yes, ha, ha. I going to master the English -- . Causing trouble with the heart by tension. Getting heart trouble. Getting gasses around the heart. Anxiety. Think of that. Because your food cannot digest. So it lies in the stomach and rots. It is not eaten by the acids there. It is not broken down.

"What can you do with such indecisions floating around in your mind? You cannot do anything. And most especially, to take this attitude to the bed with you, it's to destroy yourself. Make a decision. When you have problem, look it over, carefully. Examine the parts of which it is made up? How did you get into that difficulty? You cannot blame the Devil or God. You cannot blame bad food. You commit suicide with worry."

She: "Yada, may I something there?"

Yada: "Yes."

She: "Uh, I think the best way to wrestle a problem is to figure the ultimate end. What is the worst thing that can happen? And wrestle with that, instead of going through one hundred paths leading up to it. . . You only fight one thing."

Yada: "Umh hunh."

She: "Right?"

Yada: "That is right. But remember, generally, in our minds, what leads us to confusion is the idea that there are many conditions we have to fight; and we become indecisive. What one to take? Which path to go? And as we continue with this thought we get deeper and deeper into state with anxiety because we can make no choice.

"Look, please, there is something you can do about any problem now. Or there are things you cannot do about it. Now in bed you can do nothing but go to sleep there. Good idea would be to write down what your problem is. Make a division in the paper and put on one side the possibilities of what to do, and the impossibilities. Make a list. What will happen if I do so-and-so? What will happen if I do not do so-and-so? Cannot do so-and-so now. If not, put a little mark after it, not now but later. Systematic. And if there is something I can do, do not put it off! Do it! Right now! Do not put it off.

"Many people are procrastinators. Even though they know what to do, right now, they getting a sense of indifference, laziness. Oh, I can do it later. You may not be able to do it later. Do it now, if there is something you can do.

"This must be the way it is and we must face it that way. What did you do? How did you get into that mess -- if it is a mess? Somebody else didn't do it. You did it. You are responsible for it. So, get active or go to sleep. That is your only choice if you want to stay healthy.

GREAT NEED FOR MASSEURS

"In your world today you need peoples who understand the body structure. And to work on it you should have great numbers of peoples that are capable of doing this because you have a great number of people who have a dire need -- to have the body worked over.

"Massage. Adjustment. Many peoples are irascible and other peoples who are feeling healthy wonder why? Oh, that's just their nature. They're inclined to be mean. They're old. I know many young people that are this way. It isn't age. It is age of long-standing indifference to one's body.

The whole body should be massaged. The throat, the soles of the feet; for there are nerve centers which take the whole pressure of the body when you walk around. The back of the legs, the back muscles, the stomach muscles, the shoulders, the neck, the head itself. This should be done, at least, once a week. That isn't too much -- to relieve the tensions that the modern man takes on every day of his wakeful life.

THE WORLD IS SICK

"You live in a sick world. There are by far a greater number of sick people than there are healthy people. Is that not a little bit shocking to you?"

Group: (murmurs of assent)

Yada: "Now that is because you live life with no conscious thought, about yourself. You seek pleasures when you are not working, to escape from the monotony of your work; and that -- those pleasures do not -- they are not of the kind that lead to relaxation and peace of mind. In fact they create greater tension.

"Many people are struggling to satisfy desires that they can not satisfy any longer because they have not taken care of their bodies. What a -- what a tremendously wonderful instrument it is -- to put in the hands of those who do not know its value, its true value.

"Some more something. Eating should be done with your attention on your food, and chewing, chewing.

THE GREAT MYSTERY OF THE BODY

"I think my telling you of what I have so far is much more important than trying to teach you of the mysteries of life. You are walking in mystery. Your body is a great mystery, even to those educated in anatomy. A great mystery.

"Some years ago in the city of New York I had the honor to speak with a brain surgeon. This man tell me, 'Yada, I do not know and I'm afraid I cannot know whether you are what you say you are. but that doesn't really matter. I am a student, for forty years, of the brain. I have dissected it many times, and yet I can only say fairly it is still a great mystery to me.'

"Now if that is true of a man who has made a forty-year study of the brain, think of how truly ignorant the rest of us must be! Among other things that keep the brain healthy is to know what it is, to love yourself; so that you will love others; so that they in turn cannot poison your brain with their thoughts. You, to day, are beginning, just beginning, to

become consciously aware of the power of the mind in such things as telepathy, clairvoyance, clairsaudience -- is beginning to see how you are most tightly linked, every human being to every other human being -- mentally, most tightly linked.

THE VALUE OF WATCHING ONE'S THOUGHTS

"So, if this is true -- if what I am saying here is true -- and I am certain that most of you sitting here, at least, believe it may be -- do you not think it valuable to watch your thoughts?

"Do not let your mind get away from you in anger, in jealousies, in guilts, because you vibrate these things to others around you. They absorb them. They catalog -- the mind -- catalogs these things and -- like expression you have -- pigeonholes them, ha, ha. Believe me, my friends, many of you sitting here have felt this after you have been in busy market places all day, and you come home and you say you feel exhausted from it. It isn't from anything else than peoples around you. They are weighing your mind down with negative thoughts.

"You come home. Do not relax right away but stand for a moment and say to yourself, 'I am in and of the Light. Nothing can be taken in to me. Nothing can reach in beyond that Light, to bring darkness or pain. Nothing.

"See dee kay yah. No ee see to kwa, ee dah. Ay nay ot nay. Ot nay. Ee see to ee dah. What I said in English. 'I am in and of the Light, and nothing negative can penetrate that Light of me.'

"The power of the mind to wash the whole three bodies clean, physical, mental and the spiritual selves. Just take, two, three minutes. You know, you have an exercise, just something accounted new in your present time. It is called Tension Exercises. You know?"

She: "Isometrics."

Yada: "What you call it?"

She: "Isometrics."

He: "Isometrics."

Yada: "Isometrics. Now, you get no good out of doing this once, would you?"

He: "No."

Yada: "But look at the marvelous results you will get by

repetition, every day , practice. Who has acquired any real knowledge by one day study. It is work.

ABSOLUTE NEED FOR COMPANIONSHIP

"The most painful thing the human can experience is isolation and non-activity. The body dies of this. The mind fades out. We lose our identity. We need one another.

"The reason the advanced yogin can go and live in the high tops of the mountains or in the caves, and survive, without losing his mind, is because his mind is in communication with all human beings everywhere; so he is not alone. He is very much in company, much more so than many peoples living together.

"Two people. In the beginning they had affection for one another. They seemed to have felt lost without one another. Then come a time when, in the mind, in the nervous system, they began to feel a lack of tie."

She: "Tie?"

Yada: "Tie.

She: "T - i - e."

Yada: "Yes

He: "Are together?"

Yada: "Yes, a lack of it. No link -- the attention -- because they begin to not understand one another any longer. We say many excuses for this. Is called money. Is called sex. Is called anxiety about children. Called by many things. But the one _____, the truth is they have lost understanding of one another. The true love is called understanding; and in losing that they have lost money; they have lost sex; they have lost everything! To one another. It's as though they were perfect strangers."

She: "Yada, can you have it but not communicate it?"

Yada: "That's the trouble. You cannot communicate anything without love as the vehicle to carry that communication. Once you lose that, you may have it as a shadow still in your mind; but a barrier has come up, so that you cannot even talk to the other person. You cannot longer sit down and discuss what may have happened between you. It's the same woman that you married -- if you did marry her -- however, living together or whether you are doing it doesn't matter -- is same thing. It's the same person that you so greatly loved.

At one time, undoubtedly, if somebody had tried to separate you, they would have had a big fight on their hands. But now -- ?

"Somebody once said, too much intimacy breeds contempt. But you know, my friends, how can you breed contempt in love, with love? Which is understanding. The contempt comes from lack of understanding. It goes away. We do not want to understand. We want to get away from one another. And sometimes we do not want to get away physically; we want to get away mentally. And so we try to hang on to that other person, and inside of ourselves we hate them. We have come to hate them.

"How strange. Not strange when you realize the thing that brought you together in the first place was a want, a want for one another, a need for one another. That woman or that man, that's me! That's my other self!

IF NOT LOVE, FRIENDSHIP

"If you must separate, then do not use your other family. Discuss it. Try to. 'I do not want to be separated from you but -- uh -- a change has come upon me. I do not feel the tie as I did before.'

"Now this does not mean we should be enemies. Let us part with understanding, that I am still, if nothing else, to your friend. Often a friend is much more valuable than a lover. A friend. And none of us should regret to keep ourselves in friendship with one another; for we all belong to the Light.

"In nationally, they teach that the ultimate nature of man is Light. Any organization that calls itself a School of the Mysteries, and does not know this, and does not teach this, is not what it claims to be.

"Man's first need is to be concerned about his fellow man. He can then intelligently be concerned about God or Gods; but until then he is of no value to his God; because he can not carry the Light.

"To murder, to kill the body is one thing; but to kill the mind, the spirit, the soul, is most tragic. Because it is a long time in dying and during that period it suffers most intensely. And it spreads that suffering like -- like a plague to everyone around it.

"I go back to the question I've often asked. You must, in the course of your life, ask yourself this: What do you want? Your wanting is made up of your desires that have been largely conditioned into you from the time you were born into the physical world. What do you want? There is no escape! From life. Death is not an escape. To kill a body is to set that eternal Light free, and if it is walking still in darkness,

and it does not recognize itself as Light, you have set it free to do a great deal more damage than it could have done while still in the physical body. This is one reason for your not having killings in your prisons of peoples called criminals. You set the criminal mind free you give it a larger field to work in than it could while in the body. You leave it open as a poison to seep into other minds who are as weak as that and as he was while on earth.

MURDER IN THE NAME OF JESUS CHRIST

"Your Christian teachings about man dying and going off to heaven, or going to some hell, has left you feeling free to murder. Because you will not have to face the murdered one, you think.

"Thousands, hundreds of thousands of human beings have been murdered in the name of your Jesus the Christ."

He: "Doesn't that go for a lot of other Teachers of the world, Buddha, Mohammed -- "

Yada: "Oh, of course, because He, Christ, is the Light."

He: "But you were specifically saying the man called Jesus."

Yada: "Yes."

He: "I just made the statement then that it included other Teachers -- "

Yada: "Yes, of course, because all these Teachers, all these beings that have attained that state called the Christ consciousness, called the Buddhi, called by many names. They are the ones that bring Light to those who sleep. But in Their name, Their name as one thing called the Light, you use that to murder, or to commit any other crime upon another."

He: "Yada?"

Yada: "Yes."

He: "Was my friend wrong -- who studied these religions -- and he came to the conclusion that there was only one Teacher and His followers -- who never killed anybody -- and that was the followers of Siddhartha, the Buddha. That is a peaceful religion. They have never murdered like the Christians -- like the Muslims -- "

Yada: "That is right. That is right."

She: "Yes, but they have individual destruction."

He: "Yes, but not to others."

Yada: "Oh, yes, they have many peoples that claim to be Buddhistic, or of the faith, who have killed, have murdered; but these are the ignorant. They were not real followers of the Light. They were not Buddhistic. They were not what is called Christian."

He: "That's right."

Yada: "Christianity is not given to the masses. The teachings of the Buddhi are not given to the masses. You have second-handed teachings in your world today. They have fallen far below what they started out to be, and were. They have gone into the darkness from their source in the Light."

AVAILABILITY OF ORIGINAL SOURCES

He: "Yada, are there today original sources, or true teachings of each of these -- you might say -- ways of life?"

Yada: "Oh, yes -- "

He: " -- but they are hard to find, unh?"

Yada: " -- very difficult to find. There are some centers in large cities, unknown to the masses, in different parts of the world. Also there some more -- outside -- how you say it -- exclusive? I do not like the word. Excluded and isolated.

"Now do not believe for a moment that all these peoples in the holy city -- uh -- Lhasa -- or other holy city -- are holy men. Do not believe that they follow the teachings of the Buddhi, or of the Christ, or of any other Teacher. They do not. There are tens of thousands of lamas, priests, in the city of Lhasa alone, that are like animals! And they smell worse!

"You cannot have a clean mind with a dirty body. In your Christian teachings -- what you call your Christian teachings -- it is said that cleanliness is next to Godliness. Filth belongs to the darkness. Most animals do not soil their own dens; but man does, if he is in darkness, without education as to his potential great nature."

He: "Question, Yada?"

Yada: "Yes."

He: "Following up on the word 'kill', we have what we call the Ten Commandments; and one of them says 'Thou shalt not

kill.' I heard a man of 'the cloth' say the other day that that is not that way any more, 'Thou shalt not murder.' Now, are we to take the Ten Commandments as they are written, we people here. Now are we to take the Ten Commandments as a literal thing, or as an esoteric thing? There is a meaning a lot deeper than the literal translation. 'Thou shalt not kill thy body.' Wouldn't that be better?"

Yada: "Yes. That is so, but, if this became spread abroad -- uh -- this would cause a great deal of harm. So you must teach it to the unlettered as it is. Simply by saying, 'Thou shalt not kill.' Meaning the body.

"You see man has come -- the unlettered man has come to a state of consciousness -- or fallen into it -- (long pause while a member of the group adjusts or reverses a tape and a nervous laugh or two indicates release of tension).

"So, be at peace." (Snap of tape recorder switch)

She: "Okay. There we are."

Yada: "You see, where there is nothing -- where there is nothing you can do, about a certain situation, relax. Be at peace. Find your center and stay there.

THE PERFUME OF UNDERSTANDING

"Man, the unlettered, is an insane animal. That he dresses in nice clothes, pretty, puts on smell stuff, does not make him a human. You can do all these things legitimately, rightly, properly, when you keep clean with the perfume of understanding the whole self, the Three Selves: physical, mental and spiritual."

He: "Yada, question please?"

Yada: "Yes."

He: "About these Three Selves. We are students and we are learning about these in class here. You have in the past mentioned that it's better for us to understand our world first before we try to learn something that isn't of this world. For instance, what is on other planets and other such things and how spirits live and so forth. We have plenty of problems in our own back yard -- "

Yada: "That is right. You cannot waste it by going off to other planets or other solar systems or other places. Stay with yourself first! Educate yourself regarding yourself first. Then you can go to other planets. Because then you have something to take with you."

He: "Would you suggest, Yada, that we learn the physical world and then, let's say the mental world, and then the spiritual world? Or are we an integrated type of being and learn a little bit of all of these, as much as we can -- uh -- you know, at the same time, so to speak."

KNOW YOURSELF FOR WHAT YOU REALLY ARE

Yada: "If you know your physical side. If you study the body and come to know it for what it really is, this will tell you what the spirit is, what the mental self is. This body -- so I say, explain please, hah, hah -- this body is basically an electrical center or center of energy.

"Thank of that. Man is a Thinking Center of Energy that has all the potential for what is called reasoning.

"Electrical. When you put food into it the body absorbs it through the walls of the stomach, not as food but as energy. Aukee?"

He: "What was that word?"

Yada: "Aukee is meaning 'yes?'."

She: "Okay?"

Yada: "No, not okay. Different. a - u (break) k - ee. Ah-oo - Kee. -- Pardon me a moment. I speak with my Teacher. Is in da kwada ah, ee see too, Kethra. Oot nikee ee-soo-tee yama. Oh lay ah see too kway ahtah. Nah, ko-lah-tah, au-kee. Ee-see too-kee boo-anda. Unh.

"You know, some times getting things mixed up, some people. They make big for the body. They leave the mind -- in darkness. Pretty soon the body breaks down. They lose it. Then the mind is set free, in darkness. It doesn't know itself. It wanders aimlessly until a Teacher, a Helper, comes to that world, unto that person to lead them back into the Light. And it takes a long time to learn in that world.

"Know where you are at. Be conscious. Or you will become a killer. -- May I please withdraw for a few moments?"

Group: (Murmur of approval)

He: "Take ten."

Yada: "Hah, hah (and withdraws. Tape is stopped.) Back again. And -- uh -- I hear that I have a time set on me. (Laughter, as group realizes he has been overhearing their conversation while out.) And I agree to take that time. Because if we go on over two hours it begins to tire the

mind; so that it cannot absorb very much more of learning. Then we come to reverse, we meditate to remember."

He: "I think we call that diminishing returns, hunh, Yada?"

Yada: "That's what it is."

MODERATION IN SEASONING

"One of the causes of bloating in people is inactive, or improperly active, kidneys. This causes gas to flow through the tissues of the body and with the gas goes streams of water, water set loose between the tissues."

"If you wish to prevent that, you will not eat but very little spices of any kind in your food, more especially salt. Salt is poison to the body. If it needs salt, it gets it from the natural foods. You do not need to add to it. There are some foods that cause bloating by themselves, such as brussel sprouts and cabbage. Yet there is a substance that is made from cabbage that is extremely good for the stomach. What you call it in your language?"

She: "Sauerkraut?"

Yada: "Sauerkraut! Thank you so much. Very good for the body. Very good for the kidneys."

She: "Sauerkraut is good for the kidneys?"

Yada: "Yes."

He: "A cabbage, though, that has been cooked -- as we call it -- under low heat methods --"

Yada: " -- Yes."

He: " -- causes no gas."

Yada: "That is right, very, very much better. Almost never will low cooked foods cause gasses. You have something else for cooking is called Pressure Cooking. Cooks rapidly and without the loss of vitamins. Do not use aluminum to cook in. The body collects it and it poisons the body."

"Fried foods are poison to the body. Getting certain kinds of fats or oils in the body and they can turn rancid, though you put them in there fresh. They can turn rancid and making you sick."

She: "Is that animal fat?"

Yada: "Yes."

She: "Is that also true of the soy fat, or the acidophilus --"

Yada: "No."

She: " -- like peanut oil or soy oil?"

Yada: "No."

She: "Is food fried in dough harmful?"

Yada: "Yes. I do not like food fried in oils because there is a chemical change in the oils that is not good for the body."

She: "What if for instance you don't have any oil? Like you fry the meat in its own juice, so to speak."

Yada: "It would be better. It would be better. Now, I am not in favor of eating meat, but once in awhile steak is very good for you, especially if you do not overcook it. Sometimes meat that is overcooked, especially when fried, creates chemical conditions that can cause cancer.

"Remember, meat of any kind is dead. Once you kill an animal if you could look at the meat under what you call -- "

He: "Microscope."

Yada: "Yes, thank you, you would see a swarming of bacteria that soon will become maggots. You liking that? I tell you this because I want to let you know that it is not, not eating meat for me is not because I am worried about the cow's soul, That _____."

He: "Unh -- "

Yada: "Yes?"

He: "I understand that in lower animals, the birds and the fowls, but mainly in the animals, the dogs, wolves and cows, that they have a higher intelligence and this intelligence remains in the meat. In this way that wouldn't take it in that it is harmful."

Yada: "Not, not really. Not really. When the life force goes out of the animal body, this includes the human being, it is simply the cellular structure -- oh -- having various forms of nutritional substance to it, like all living things do. I will go down. It is a larger voice than mine. (Piercing noise of landing jet overhead)

He: "Cheega." (Yu for Flying Machine)

Yada: "Cheega."

APPLES, A BLOOD PURIFIER

"One of the very most important foods for the body is a fruit, is called an apple. Apples are extremely good for the blood stream because they carry or produce in the blood stream much needed oxygen.

"Now some peoples cannot eat the peelings of apples. Then take them off. But if you can, there is a great deal of value in the peelings, of all fruit."

He: "What about the beverages I get at the health food store?"

Yada: "It is very good. Is very good. It has not yet been contaminated in order to preserve it. Wine. Wine, can you take small glass of it, especially the red wine, with every meal would be very good for your stomach."

She: "Before or after or during?"

Yada: "During."

She: "Helps digest?"

Yada: "Yes. It is the joy of the grape. I think the grape is called sometimes the Joy Fruit." (Some laughter)

She: "But you mean only one glass."

Yada: "Yes. Yes. You know, even with the best of foods, if you try eating beyond your normal capacity -- or drinking -- you cause trouble in the body."

He: "Is that why some people will belch after they have -- ?"

Yada: "That is from gas. First place, it has not been properly masticated; so the stomach cannot take care of it. Digestion starts in the mouth."

He: "Yes."

Yada: "And if we do not eat slowly, chew, chew, chew -- hah, hah, sounds like train. (Burst of laughter)

She: "Yada, my grandmother lived to be ninety, and she used to chew her food until it was almost like a liquid before she would swallow it. She never had any trouble with her stomach, ever, in her whole life."

Yada: "That is the secret!"

She: "She could eat anything."

Yada: "You see, today you do not give yourself time for anything! Even for your pleasures you do not feel what you are doing."

She: "And she said you could taste it better after chewing."

Yada: "Of course. Of course."

DO WHAT YOU WANT TO

"Something more. If you poison your taste buds with tobacco smoke, you do not get the joy from food that you would otherwise get.

"You see, I am not telling you to stop anything. Do what you feel you want to do -- "

He: "Kill yourself if you want to!"

Yada: "If you want to. That's not me. That's you. Hah, hah. If you want to die early, or die a lingering death, dont do what I am saying. Dont do it. Now, if you want to live and do what is right for you to do, then you will find when you are dying, you will not be afraid; because you will know where life is, not just in your body, but everywhere present. I am the Life, the Light and the Way. Follow Me. Me meaning the Light, the Light of intelligence.

"Francis, one time years ago I had the honor, by your invitation, to communicate some of my thoughts to some of your brothers of your Order (Masons). Perhaps I didn't do so well with them. I had -- I had to say what I had to say. I have often thought of this. There were only three of you there that were true Masons."

He: "I remember."

Yada: "Yes, you and two other men."

He: "That never bothers me, Yada, even with we people here, to go out and try to tell other people these things; but if they dont listen -- they dont do it; so, who 'cares."

Yada: "That is right."

He: "Because all of us will graduate with honors -- not just graduate -- but with honors."

Yada: "With honors -- "

He: "So I say, okay, eventually they'll learn."

ARE YOU WILLING TO PAY THE PRICE?

Yada: "That is right. A teacher's business is to teach and not to try to live the life of the student. He cannot do that. He can say only what he knows to be true and leave him alone.

"Yes. Are we willing to pay the price? There is a price, on every thing. Do we want to learn?"

He: "The less the price the easier it gets."

Yada: "That is right. What is it worth to you? You better look on the price tag. See where it is and see what it is. Because you are going to get what you wish for. The sadness of life is not that we don't get our prayers answered, but that we do. Hah hah.

"My friends, how we going to get the monkeys off our back, the monkeys we have put there unwittingly, unknowingly, not really wanting to. It takes time. It takes practice. It takes wanting, willing.

"You know, there was a man in your world he called -- uh -- "

She: "Coué?"

Yada: "Thank you very much! You see I can find it difficult to recall, too. Among all of his teachings there is something most important, and it is called the use of the will, to getting what you desire. You must will things to you. Put that willing drive in your emotional self."

She: "Isn't that kind of forcing something, Yada?"

Yada: "No. No, not to the extent with _____ and without trying to get it, you know? But feel it within yourself. Do you really want this thing or that? You know if you do, you must not let yourself take any substitutes. Some times the things you may have to do may seem not -- uh -- right to do; but rightness is not what you're after. You're after some particular thing, condition, situation; and you cannot afford to take second choice.

"What do you want? How much do you want it? How deeply are you desirous of it? You must let no other thing stand in your way. Because to the degree that you do, you lessen your chances of getting what you want.

"I will talk more on this when we speak of hypnosis, my next talk with you, my friends. It is a very complex subject and takes a great deal of choosing words to make clear what I am saying. (Strong sound of landing airplane overhead, with tape apparently shut off for a few moments.)

THE MIND NEVER SLEEPS

Yada: "The mind is not closed off, just the reception tubes in the brain. The mind never sleeps, never loses itself, is constantly aware. How wonderful -- "

He: "Like the three monkeys, hears all, sees all, knows all."

Yada: "That's right and there is a fourth monkey that stays with the mind, is called Says Nothing. Says nothing. The sayer is down here, is the Lower Self. The Lower Self must be shut out to tap the Higher Consciousness, and then it will tell."

"My friends, I think I have said about enough for tonight. I do not want to short you, but for your sake I do not think I should take any more of your time."

He: "Yada, it could be said that you could say in one minute that would be enough for us for a life time."

Yada: "Thank you. But that would be true only if you understood, and I think you do. I feel you peoples have the ability, knowing; and so I do not have to go on and on, and on, talking as I did in the past. These sessions are not for a lot of talking but for talking with substance, something we can use, put to active, every day practice."

He: "Yada, could we ask or suggest a subject -- "

Yada: "Yes, of course."

He: " -- for the next week?"

Yada: "Yes."

He: "Ah, to be discussed similar to this fact of going to bed and getting up, the practice of the care of the body. Going into another subject such as Self-hypnosis and the processes, the reason for, the approach to it, and what to expect or what not to expect. Steps 1, 2, 3 and 4, as we say -- "

Yada: "Yes."

He: " -- and uh -- "

Another He: "The dangers."

He: "Yes! The dangers of it and what -- "

Yada: "Now let us do this and uh, but we will call it what you said a little while ago, de-hypnotizing ourselves."

He: "Well, yes, I understood that but what I mean is a subject of that kind."

Yada: "Yes. Yes."

THE MACHINERY OF SUGGESTION

"Because, you know, majority -- in fact all human beings coming into the physical world fall into the power of what is called suggestion; and this is normally -- this happens normally -- because the body functions through what is called senses; so the senses get caught up, in color, in sound, in general feelings.

"Taste, memory of taste can make us feel pleasant or sick, just memory of it; so think what happens when we come face to face with a situation and how it can make us sick, or make us well, as the case may be. The power of suggestion which we play on ourselves. To say nothing of what others do for us like that.

"Their fears, their anxieties. They give it to others by great emotional feelings about what is happening to them. If you want to send a telepathic message, the best way to do it is to somehow work yourself into a high emotional state. The sending is quicker, clearer, and very direct."

He: "Yada?"

Yada: "Yes."

He: "That is another subject we would like to hear discussed."

Yada: "Yes. I would -- "

He: "It is what we call Mental Telepathy, although as you and us know, we know, that there is no such a thing as Mental Telepathy -- "

Yada: "No, hah, hah -- "

He: "-- per se. Because -- ah -- I believe it was expressed that you take a great big long stick that's ten foot long and touch it at one end, you are also touching the other end."

Yada: "That is right."

He: "Although you say you are sending a message, you are not; it's already sent."

Yada: "It's already there."

He: "That would be another discussion, I think, I mean, that

we would enjoy. Now, some of the others can surely say something else, of another nature. Another subject, Joe?"

He: "No, that's terrific."

She: "I think of another one that would be most beneficial, that of concentration."

Yada: "Oh, yes, because that too will go along with that subject (of Telepathy) -- "

He: "Yeah, but if we tell you these things, that makes it easier for you -- not that there is anything hard for you -- yet there is -- "

She: "That's your homework."

He: "We have given you some ideas and then, of course, we know that we'll get the answers. It makes it easier for you. You know what we would like, or -- "

Yada: "Of course. Now, something else there."

LET'S MAKE A DEAL

"I will practice my homework if you will yours!" (Rising chorus of exclamations and laughter)

He: "All right, let's say it this way. You will know whether we are or not -- "

Yada: "Yes, I will."

He: " -- and it will be your privilege to say, Francis, you haven't been doing what you're supposed to do."

Yada: "Un hunh, un hunh."

He: "Ah, Helen, you're not. Joe -- "

Another He: "You can ask us questions, Yada. Put us on the spot. We might not want to be in that same position."

She: "We sent Maxine a message the night she wasn't here -- I did at least, and I think Joe did. I don't know how many other people did."

Another She: "Didn't she get it?"

Yada: "Oh, you may -- you may think -- "

She: "The only thing I got was to call over here, and this

I didn't do."

First She: "Oh."

She: "I was involved in moving, but I had the urge to come to the phone and try to pick out the period that you were having your little rest -- "

DELAYED TELEPATHIC RECEPTION

Yada: "Now there is something else -- "

She: "I did have that urge."

Yada: " -- in telepathy -- I am sorry -- I cut you off -- "

She: "No, you didn't."

Yada: "There is something in telepathy that should be better understood, and it is called delayed telepathy, delayed reception, wherein the receiver may not getting the message for hours, or even days; and then suddenly it will come to them."

She: "Is this when the number one party lets go of it? Sometimes you can hold something."

Yada: Oh, yes, that is one of the causes also for delayed telepathy. The person sending keeps holding the message, doesn't let it go. He should send and then forget it, and give a full -- "

He: "He is continually sending it."

Yada: "That is right. He is trying to beat the door down. Hah, hah, hah, hah. So try, when you are sending -- prayer is done telepathically. The mind sets up conditions when concentrating for the things that you desire.

"You want to get your prayers answered. You are certain that is what you want, then learn it by practice."

He: "Yada, also about prayer there is a saying, let God and let go; and that's the same thing with this telepathy you just say it and then you forget it."

Yada: "That's right."

He: "It's taken care of."

Yada: "That is right. Thank you so very much. A noche.

Chorus of "thank yous" and "a noches" from the group.

THE JOURNAL OF BORDERLAND RESEARCH

BSRF No. 1 Published by Borderland Sciences Research Foundation, Inc., PO Box 548, Vista, California 92083 USA. Edited by the Director, Riley Hansard Crabb, Doctor of Metaphysics in the Society of St. Luke the Physician.

The Journal is published six issues a year with the assistance of the Associates, at the Director's home, 1103 Bobolink Drive, Vista. It is printed, 36 pages an issue. The Foundation was incorporated under California law, May 21, 1951, #254263, and has been in continuous existence since then. Address all correspondence to the PO Box. The Journal is included in the Foundation membership of \$7.00 a year. Single copies and back issues of the Journal are now \$1.50 each. If you don't care to join you may receive the Journal by donating \$7.00 a year or more to the Foundation. The Director's wife, Ms. Judith Crabb, is office manager and Secretary-Treasurer.

PURPOSES OF BSRF: This is a non-profit organization of people who take an active interest in unusual happenings along the borderland between the visible and invisible worlds. In the words of the late Meade Layne, founder and director of BSRA from 1946 to 1959: "BSRA publications are scientific in approach but employ few technical expressions. They deal with significant phenomena which orthodox science cannot or will not investigate. For example: The Fortean falls of objects from the sky. Teleportation, Radiesthesia, PK Effects, Underground Races, Mysterious Disappearances, Occult and Psychic Phenomena, Photography of the Invisible, Nature of the Ethers and the problem of the Aeroforms (Flying Saucers). In the year 1946 BSRA obtained an interpretation of the phenomena which since has come to be known as the Etheric or 4-D interpretation, and which has not been radically altered since that time. This continues to be the only explanation which makes good science, sound metaphysics and common sense."

The chief present concern of the Foundation is to make this kind of unusual information available as a public service at reasonable cost. Headquarters acts as a receiving, coordinating and distributing center. An important part of the Director's work is to give recognition, understanding and encouragement to people who are having unusual experiences of the borderland type and/or are conducting research in any of the above fields. For consultation on borderland problems, or for Spiritual healing through prayer, write or phone 714-724-2043 for help or for an appointment. Donations and bequests toward Foundation research programs and expenses are welcome.

The 24-page list of BSRF publications is available from Headquarters for 50¢ in coin or stamps. This includes mimeo brochures on borderland subjects, tape recordings of Mr. Crabb's lectures and of members of the Inner Circle, talking through trance-medium Mark Probert. Write to BSRF, PO Box 548, Vista, California 92083 USA.